



WASHINGTON RAMS FOOTBALL CALENDAR

May 2024 ~ **SPRING FOOTBALL & TESTING MONTH**



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|--|---|
| 28-Apr | MANDATORY 29-Apr | MANDATORY 30-Apr | MANDATORY 1 | MANDATORY 2 | MANDATORY 3 | 4 |
| Spring Football is for <u>CLEARED</u> Athletes through Register My Athlete, ONLY! | Spring Football # 1 Team Meeting 2:45-3:30 PM Weight Room 3:40-4:30 PM Field Workout 4:40-5:45 PM | Spring Football # 2 Team Meeting 2:45-3:30 PM O-Line & Skills Break Out Meetings 3:35-4:15 Field Workout 4:25-5:45 PM | Spring Football # 3 Offensive Meeting 2:45-3:30 PM Weightroom 3:40-4:30 PM Offensive Practice 4:40-5:45 PM | Spring Football # 4 Defensive Meeting 2:45-3:30 PM Weightroom L Drill & Pro Agility 3:40-4:30 PM Field Workout 4:40-5:45 PM | Spring Football # 5 Defensive Meeting 2:45-3:30 PM D-Line & LB, DB's Break Out Meetings 3:35-4:15 40 Yard Dash 4:40-5:45 PM | Ram Workout @ Home |
| 5 | MANDATORY 6 | MANDATORY 7 | MANDATORY 8 | MANDATORY 9 | MANDATORY 10 | 11 |
| Final Non-Refundable Payment for Rams Football Camp is due on Monday, May 20th | Spring Football # 6 Fundraising Meeting 2:45-3:30 PM W/R: Bench Max 3:40-4:30 PM Field Workout 4:40-5:45 PM | Spring Football # 7 Offensive Meeting 2:45-3:30 PM O-Line & Skills Break Out Meetings 3:35-4:15 Field Workout 4:25-5:45 PM | Spring Football # 8 Defensive Meeting 2:45-3:30 PM D-Line & LB, DB's Break Out Meetings 3:35-4:15 Defensive Practice 4:40-5:45 PM | Spring Football # 9 Weightroom Power Clean Max 2:45-4:30 PM Field Workout 4:10-5:45 PM | Spring Football # 10 MU: Pro Agility, L Drill & 40 Yd. Dash W/R Squat Max 2:45-4:00 PM Field Workout 4:10-5:45 PM | State Track & Field Meet |
| 12 | MANDATORY 13 | MANDATORY 14 | MANDATORY 15 | MANDATORY 16 | MANDATORY 17 | 18 |
| Happy Mother's Day | Spring Football # 11 Weightroom 2:45-4:10 PM Field Workout 4:20-5:45 PM Text-A-Thon 5:30-6:30 PM | Spring Football # 12 Weightroom 2:45-4:10 PM Field Workout 4:20-5:45 PM | Spring Football # 13 ST Meeting Punt/Punt Ret 2:45-3:45 PM Field Workout 4:40-5:45 PM | Spring Football # 14 Deadlift Max MU: All Tests 2:45-4:00 PM Field Workout 4:10-5:45 PM | Spring Football # 15 Football Meeting 2:45-3:30 PM Marines Fitness Challenge 4:00 PM | Ram Workout @ Home |
| 19 | MANDATORY 20 | 21 | 22 | 23 | 24 | 25 |
| Final Non-Refundable Payment for Rams Football Camp is due on Monday, May 20th | Spring Football # 16 Field Workout 3:30-5:30 PM Offense & Punt vs Defense & Punt Return | 1/2 Day Finals MU: Lifts Weightroom Awards 12:15-1:30 PM | 1/2 Day Finals | DAY OFF | DAY OFF | Ram Workout @ Home |
| 26 | 27 | 28 | 29 | 30 | 31 | 1-Jun |
| Football Camp is for <u>CLEARED</u> Athletes through Register My Athlete, ONLY! | Rest & Relax | Incoming Freshman Weightroom Orientation 5:00-6:15 PM Field Work Out 6:20-7:20 PM | Weightroom 5:00-6:15 PM Agility Training 6:20-7:15 PM | Weightroom 5:00-6:15 PM Big Man Training 6:20-7:15 PM PLG Game TBD 4:30-7:30 PM | GLADIATOR 6:25 - 8:00 AM | Ram Workout @ Home |